

Review Article

Recent trends in yoga therapies for psychiatric disorders

Nyaika Borah^{1*}, Prapti Hazarika², Sheetal Lakhani³, Ashwini Tadpatrikar³

¹Kristu Jayanti (Deemed to be University), Kothanur, Bengaluru, Karnataka, India

²Sampurna Montfort College, Bengaluru, Karnataka, India

³Vidyashilp University, Kundana, Bengaluru, Karnataka, India

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*Correspondence:

Nyaika Borah,

E-mail: nyaikaborah30@gmail.com

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ABSTRACT

Yoga practices date back to ancient times. It is a mechanism that connects our mind, body, and soul consisting of different movements and poses performed in coordination with controlling breath, meditation, relaxation, and lifestyle. In recent years, yoga therapy has gained a huge amount of attention and shown promising results as a complementary treatment for psychological disorders and improving overall well-being. This review paper focus on understanding how yoga therapy has positive implications on psychological disorders, acknowledge the underlying mechanisms leading to its effectiveness, identify areas for research and also outlines how yoga therapy has addressed the cognitive impairment of an individual prior to the onset of psychosis and its relationship with panchakoshas, trigunas. The authors conducted a literature search using the following databases PubMed, Google Scholar, ScienceDirect and APApsycNet. The search strategy included phrases or search terms like “yoga,” “mental disorders,” “cognitive impairment,” “psychological disorders,” “panchakosha,” “Triguna,” and “yoga therapy.” The literature for a period of 10 years is covered from 2014-2024. Empirical studies have shown consistent results that yoga therapy with an integration of other forms of treatment reduces negative emotion, stress and improves cognitive functioning, symptoms of anxiety and depression. Secondly, yoga therapy develops self-awareness and relaxation in individuals. The results of yoga therapy may vary depending on several factors. From recent research it is also evidenced that the expression of gunas differs between individuals with psychological disorder patients and how therapeutic gain is established through yoga therapy.

Keywords: Yoga, Psychological disorder, Cognition, Depression, Anxiety, Schizophrenia

INTRODUCTION

The Indian approach to mental health is characterized by a blend of contemporary medical techniques and traditional methods. For mental health, Ayurveda, yoga, and meditation are popular practices. The two core concepts from yoga philosophy, the Panchakosha model and the Triguna theory, provide a more comprehensive and holistic approach to addressing mental health issues.^{1,2,3} The Panchakosha model is a fundamental yogic concept that views human existence as comprising five interconnected layers or sheaths: the physical, energy,

mental, wisdom, and bliss bodies. Each layer is seen as integral to the overall health and well-being of an individual.⁴ According to this model, mental health problems are not isolated to the mind or body but result from imbalances across all these layers.⁵ For instance, cognitive impairments in conditions like early psychosis may stem from disturbances in the Manomaya Kosha (the mental body), while emotional distress might be linked to imbalances in the Pranayama (energy) or Anandamaya Koshas (bliss body).^{1,2,5} Yoga therapy, by addressing each of these layers, offers a holistic treatment approach that promotes healing on multiple levels, rather than focusing

solely on symptom management. The Triguna theory further complements this framework by explaining mental and emotional states as the result of the interplay of three basic qualities, or gunas: Sattva, Rajas, and Tama.³⁻⁶ These gunas influence behavior, emotions, and cognition. Sattva is associated with balance, clarity, and wisdom; Rajas with activity, restlessness, and agitation; and Tamas with inertia, confusion, and lethargy.³ Imbalances in these gunas can manifest as psychological disorders. For example, an excess of Rajas may lead to anxiety, while an overabundance of Tamas could contribute to depression. Yoga therapy seeks to increase Sattva and reduce Rajas and Tamas, thereby fostering emotional stability, mental clarity, and overall well-being.³⁻⁶

Furthermore, there is a growing awareness of mental health issues, which has resulted in more people having access to counselling and psychiatric care. Nonetheless, stigma and a lack of resources continue to be obstacles in India's fight against mental illness. To provide complete mental healthcare, efforts are being undertaken to integrate traditional and modern techniques.⁷ Modern psychological models also play a role in this framework. Traditional treatments for disorders like anxiety, depression, and schizophrenia often involve pharmacological and psychotherapeutic interventions.^{8,9} However, residual symptoms such as cognitive impairments, emotional dysregulation, and chronic stress frequently persist.¹⁰ Yoga therapy, as positioned in this paper, complements conventional methods by addressing these lingering issues. It improves cognitive functioning, reduces stress, and enhances emotional regulation, thus filling gaps left by traditional treatments.^{5,10-13} This integrative approach ensures that patients experience more comprehensive relief and long-term benefits.

The theoretical framework of this paper is grounded in a synthesis of ancient yogic philosophy and modern psychological approaches to mental health treatment. Additionally, the paper emphasizes the critical role of the mind-body connection, a concept central to both yoga philosophy and modern holistic health approaches. Through the combination of physical postures, breath control, and meditation, yoga therapy fosters this connection, helping individuals with psychological disorders develop greater self-awareness and emotional control.¹¹⁻¹⁴ This integrated mind-body approach is crucial for treating disorders such as anxiety, depression, and psychosis, where emotional dysregulation and cognitive impairments are common.⁵

By nurturing both mind and body, yoga therapy promotes not only the relief of symptoms but also a deeper sense of well-being and self-regulation.⁵ Different techniques regarding schools of yoga provide day-to-day methods for integrating mind and body to treat psychological disorders. Sudarshan Kriya Yoga (SKY) aims at developing patterns of breathing to reduce the impact of stress response and to lower some disease states including

anxiety or depression.¹⁵ Hatha Yoga mainly deals in postures (asanas), breathing exercises (pranayama) and meditation is also included, thus it can be beneficial for relieving stress and improving emotions.⁵ An active and complex type of Ashtanga yoga where certain sequences of postures are accomplished in harmony with breath is effective in awakening the mind and helping to discipline it.⁶ The style of Iyengar yoga which is strict, precise, correct alignment and usage of props is efficient for people with constraints in movement or persons with chronic diseases.^{16,17}

Kundalini yoga combines exercises, postures, and caught breath to encourage the improvement of spirit, endurance, and consciousness levels. Like it, Vinyasa yoga combines flowing movements with breathing patterns and its exercises help to develop mindfulness as well as cardiovascular fitness.¹⁸ Sivananda yoga approach includes control of breathing, relaxation techniques, proper diet and meditation, which helps to maintain balance and lessen stress.¹⁹ Last, Laughter Yoga, voluntary laughter and rhythmic breathing practices enhance mood tone and extend social interactions.^{20,21} Collectively, these various methods will be compatible with the Pancha Kosha model and Triguna theory, and can be used as tools for cognitive enhancement, emotion management and general wellbeing.¹⁻³ As psychological disorders become more prevalent worldwide, there is an increasing need for therapies that are accessible, affordable, and effective.^{22,23} Yoga, as a complementary therapy, provides a mind-body connection that is not addressed by conventional treatments.^{24,25} This study is essential to understand yoga's mechanisms in improving mental health and to offer an alternative therapeutic approach for psychological disorders, especially in regions with limited access to mental healthcare. This paper focuses on the implications of yoga therapy on psychological disorders, particularly on how yoga addresses cognitive impairments and emotional disturbances in mental health patients. The study analyzes the effectiveness of yoga on conditions like psychosis, schizophrenia, depression, and anxiety. It identifies the relationship between psychological disorders and yogic concepts like Panchakosha and Triguna, exploring the therapeutic gains through yoga practices. With an explosion in studies of yoga therapy in psychiatric disorders, a summary review of studies in the past 10 years (2014-2024) would be beneficial.

Aim

To review the available evidence on the therapeutic potential of yoga therapy in addressing psychological disorders, with a focus on cognitive impairment and emotional regulation.

Objective

To explore the impact of yoga therapy on cognitive functioning and emotional regulation in individuals with

psychological disorders, such as early psychosis, schizophrenia, depression and anxiety. To examine the role of yogic concepts like the Panchakosha model and Triguna theory in therapeutic intervention, and their overall therapeutic effects on mental health.

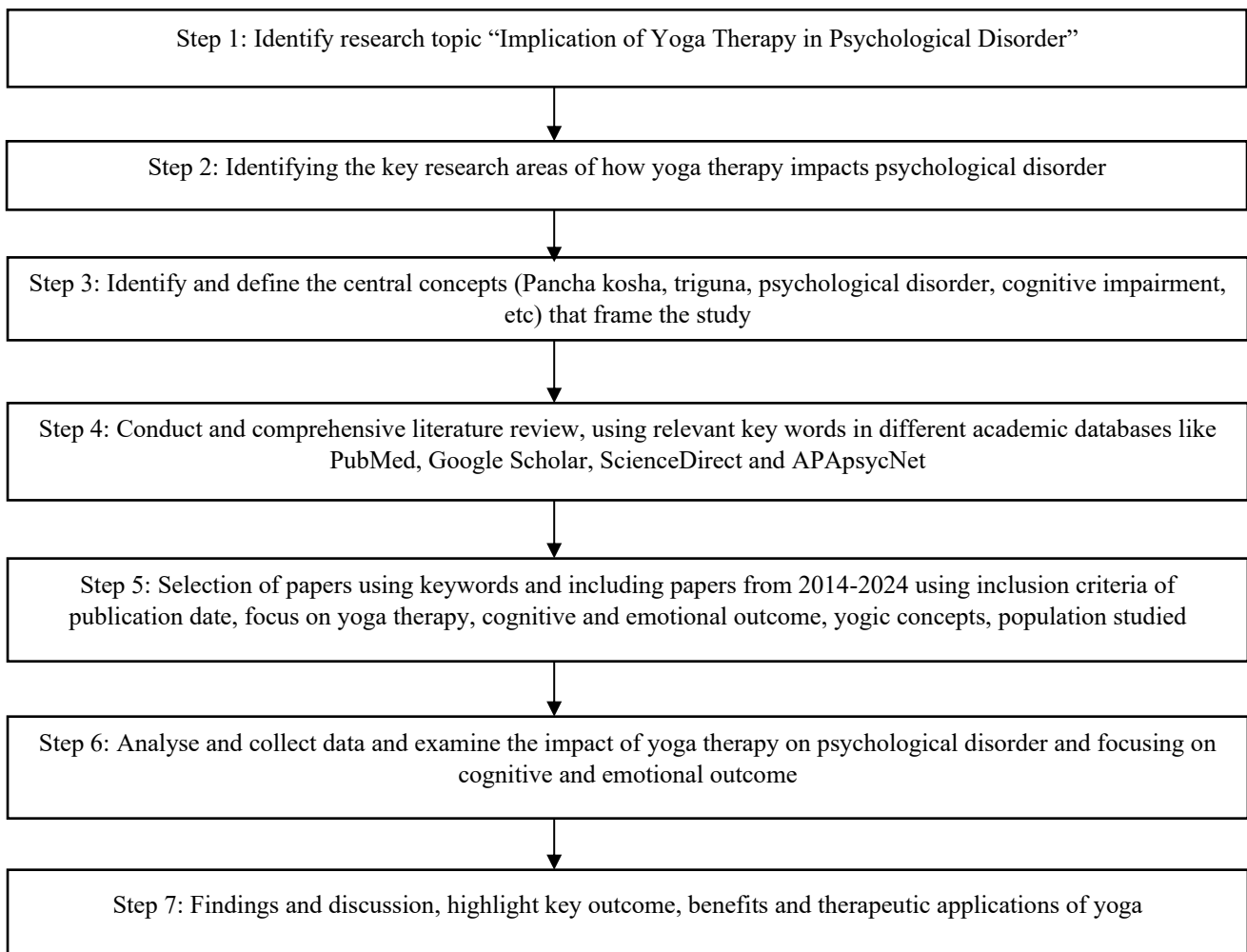
PROCEDURE

This study has been conducted from secondary data sources like different research papers, journals and books. This is a review study, in which literature in English was evaluated using electronic search in the following databases; PubMed, Google Scholar, ScienceDirect and APApsycNet the search strategy included phrases or search terms like 'yoga,' 'mental disorders,' 'psychiatric illness,' 'psychological disorders,' 'Pancha kosha,' 'triguna,' 'cognitive impairment,' and 'yoga therapy' the literature for a period of 10 years is covered from 2014-2024. Two study team members collected 45 paper abstracts and assessed them according to inclusion criteria during the first assessment of the article titles 30 papers

were deemed appropriate in accordance with the article's arbitration, after which the full texts of the articles that were available were prepared.

While a wide range of mental health issues and psychological distress have been addressed by yoga, we have concentrated on the main general categories of mental health issues, which include depression, anxiety, schizophrenia, sleep issues, and cognitive impairments. This paper also includes Triguna and Pancha kosha through yoga therapy.

Studies on sub-threshold symptoms like coping and general well-being as well as those on people without a psychiatric diagnosis were excluded. This was done in an effort to reduce the likelihood that the effects being seen are just typical people's reactions to a recent occurrence. Thus, the literature review has adopted a convenient search strategy to collate the research data that is in accordance with the objective of the present paper along with the analysis yielding several valuable insights.



Note: This figure illustrates the research process, depicting each step taken in reviewing literature related to the implications of yoga therapy for psychological disorders, including database searches, article screening, and data analysis.

Figure 1: Pictorial presentation for the procedure of the paper.

RESULTS

The results of extensive investigations into yoga therapy have indicated that it is efficacious in treating various kinds of psychological disorders such as early psychosis, schizophrenia, depression, anxiety, and PTSD. It is clearly established by studies that symptoms of all the above conditions have been significantly reduced. For instance, randomized controlled trials (RCTs) showed significant effects of Kundalini Yoga and Sudarshan Kriya Yoga (SKY) on anxiety, depression, and symptoms of PTSD, as improved mental health well-being in comparison to those in control groups.²⁶ Regular yoga

therapy has proved to reduce stress levels and raise one's mood and relaxation is achieved when asanas, pranayama, and mindfulness exercises are combined together.^{5,12,19} Improvement in self-regulation has led techniques such as SKY and mindful yoga to report decreases in the symptoms of anxiety and depression.¹⁵⁻²⁶ The combination of mindfulness-based therapies along with Hatha yoga showed an increase in mood tone and decrease in state anxiety.^{5,27,28} With an improved quality of life and a calm mind, yoga helps people live with mental health conditions.⁶⁻²⁹ Finally, yoga therapy gives social support, which improves the emotional benefit of the practice.^{20,21}

Table 1: Summary of literature on implications of yoga therapy in psychological disorder.

Studies	Methods	Samples	Findings
Studies on effectiveness of yoga therapy on symptoms of psychological disorder			
Giridhan and Pandiyan (2024)	Systematic review, RCT, databases, Cochrane collaboration risk of bias tool, Grade approach	N= 6 RCTS where individuals diagnosed with mental health disorders (e.g., stress, anxiety, depression, PTSD) or those undergoing assessment for mental wellbeing.	Kundali yoga effectively reduced symptoms of anxiety, depression, PTSD with Participants expressed significant improvements in mental health wellbeing compared to the controlled group.
Vollbehr et al (2024)	RCT, DASS, QALYs	N=171 (randomized young women with MDD)	Cost-effective and positive health outcomes in mindful yoga intervention (MYI) as compared to treatment as usual.
Ali et al (2023)	Data obtained through Pubmed, PMC, and medline. cochrane RoB2 tool and critical appraisal skills programme (CASP) used to check the quality.	N= 496 women (randomized control trial with PTSD syndrome)	Yoga is effective, feasible, acceptable, and a viable interoceptive pathway for emotional and personal growth in PTSD patients.
Wu et al (2023)	Systematic review and meta-analysis, data obtained through Pubmed, embase, cochrane library, psycinfo, sinomed, CNKI, wanfang and VIP from online database improvement in depressive symptoms was assessed by the BDI, HAMD, HAMA AND STAI	N= 34 RCTS of patients with MDD. 1,269 patients in the treatment group and 1,072 patients in the control group	Moderate effect sizes (Cohen's d= -0.60) for improvement in depressive symptoms; small effects on anxiety symptoms (Cohen's d= -0.26). Yoga can improve depressive symptoms and anxiety in patients with MDD and has a safe and wide patient acceptance.
Mcguire et al (2022)	Pilot-study assessed rate of attendance and anxiety levels using STAI-6 before and after yoga session	N=14 (mostly female) with early psychosis	In total 29 yoga sessions show reductions in five domains of state anxiety immediately after the yoga intervention was delivered-calmer, more relaxed, more content, less tense, less upset and less worried in early psychosis clinical sample.
Brinsley et al (2021)	Data were obtained from online databases medline, embase, psychinfo, central, emcare, pedro	19 studies were included in the review (1080 participants) and 13 studies were included in the meta-analysis (632 participants).	Greater reductions in depressive symptoms were associated with higher frequency of yoga sessions per week.
Sathanarayana et al (2019)	Pubmed, google scholar, psycinfo, indmed and cochrane library.	49 studies were included in a qualitative synthesis	Asanas and pranayama for schizophrenia reduce psychopathology, improve cognition, functioning, and show modest benefits for

Continued.

Studies	Methods	Samples	Findings
			symptoms. Mindfulness improves psychotic symptoms, functioning, and affect. For MDD, yoga and mindfulness reduce depressive severity. Data on BD is sparse.
Adams and Townsend (2018)	Systematic review	16 articles are reviewed	Yoga can be an effective intervention for increasing global cognitive functioning, decreasing psychotic symptoms, and improving quality of life for clients with schizophrenia spectrum disorder.
Cramer et al (2018)	Data obtained through cochrane library, medline/PubMed, psycINFO, scopus, and indmed. Review manager 5 software and grade is used	Seven RCTS (n = 284) were included	Clinically relevant effects of yoga on PTSD symptoms
Doria et al (2015)	(HRSA), (HRSD), (ZSAS), (ZSDS) AND (SCL-90)	N=69 (primary diagnosis of mood and anxiety disorder)	Sky treatment has reduced anxiety and depressive symptoms.
Khalsa et al (2015)	STAI and treatment outcome package (includes depression, panic, quality of life, sleep, etc.)	Participants n=32, were diagnosed with GAD, and all had coexisting diagnosis.	Y-CBT intervention, pre-post comparisons showed statistically significant improvements in state and trait anxiety, depression, panic, sleep and quality of life and have potential promising treatment for those suffering from generalized anxiety disorder.
Sistig et al (2015)	Semi-structured interviews, research observation and journals.	Psychiatric inpatients (n=10, 9- schizophrenia 2- other psychotic disorder) Participated in twice-weekly 30-minute sessions over seven weeks.	Hatha yoga is potentially a valuable addition in treating people with psychosis which increases relaxation, calmness and reduces stress among patients.
Cramer et al (2013)	Systematic review, medline, scopus, psycinfo, indmed and Cochrane library	12 RCTS with 619 participants	Short-term effects of yoga in reducing depression severity compared to usual care. Subgroup analyses found benefits in depressive disorders and individuals with elevated depression. Long-term effects could not be analyzed due to limited and heterogeneous studies, and no safety data was reported.
Studies on effectiveness on yoga therapy on cognitive impairment of psychological disorders			
Patidar and Yadav (2024)	Data obtained from databases pubmed and google scholar	18 research articles.	Regular yoga practices seem to have a beneficial effect on cognitive domains, such as mood state, brain peculiar functions such as sensorial experiences, cognitive flexibility and resilience against stressors across various populations
Chobe et al (2020)	Data obtained from medline, google scholar, pubmed, and psycinfo electronic databases.	13 RCTS included in this systematic review.	Yoga-based interventions have beneficial effects on attention, executive functions among cognitive variables, and depression among mental health parameters among the elderly.
Brenes et al (2019)	Data obtained from pubmed	12 articles were studied with quasi-experimental design and RCTS.	Yoga has beneficial effects on cognitive functioning, particularly on attention and verbal memory. Further, yoga affects cognitive functioning through improved sleep, mood, and neural connectivity. Yoga is recommended to persons with MCI or

Continued.

Studies	Methods	Samples	Findings
			dementia as a safe and potentially beneficial. After both the yoga and met interventions, participants had increased functional connectivity between the anterior and posterior DMN that correlated with improvements in verbal memory and visuo-spatial memory.
Lin et al (2015)	Vo2 max test, HKLLT, digit span test, letter cancellation test, stroop color and word tests, PANSS, CDS, MRI, FRS, CRS, SF-36.	N=140 (female patients), for RCT n=124 were allocated	Aerobic exercise improves cognition and short-term memory. Yoga has superior effects on verbal learning and attention, improves working memory in early psychosis patients.
Chen et al (2014)	Thirty-nine patients completed structural MRI assessment to compare the brain volume and cortical thickness. Clinical, cognitive, quality of life and fitness data were done between baseline and 12 weeks among the three groups	Female patients with psychotic disorder (n=85, randomized into integrated yoga exercise group, aerobic exercise group and control group.)	Yoga and aerobic exercise improved memory in patients and yoga exercise showed a superior effect on attention than aerobic exercise. Significant increase in the volume of the postcentral gyrus and the posterior corpus callosum in the yoga exercise group. Significant correlation between improvements in working memory and changes in the postcentral gyrus

Note: This table provides a summary of studies reviewed, outlining the subject matter, yoga models, methodologies, sample characteristics, and key findings. It highlights the effectiveness of various yoga therapies on symptoms across psychological disorders. Abbreviations: RCT: Randomized Control Trail; DASS: Depression Anxiety and Stress Scale; QALYs: Quality Adjusted Life Years; STAI: State Trait Anxiety Inventory; BDI: Beck Depression Inventory; HAMD: Hamilton Depression Rating Scale; HAMA: Hamilton Anxiety Scale; HRSA: Hamilton Rating Scale for Anxiety; HRSD: Hamilton Rating Scale for Depression; ZSAS: Zung Self-Rating Anxiety Scale; ZSDS: Zung Self-Rating Depression Scale; SCL-90: Symptom Checklist-90; MCI: Mild cognitive impairment; MET: Memory enhancement training; DMN: Default Mode Network; HKLTL: Hong Kong list learning test; CDS: Calgary depression scale; CRS: Compliance rating scale; MRI: Magnetic resonance imaging FRS: Figure rating scale; PANSS: Positive and negative syndrome scale; SF-36: The short form (36) health survey.

Yoga therapy also results in improved cognitive skills, from verbal fluency through working memory to attention.¹³⁻³⁰ For example, results from randomized controlled trials have shown more positive effects of Hatha yoga than other interventions on several cognitive domains in people with psychosis, such as improved verbal acquisition and increased attention.^{5,7,12,31} The gains have been supported by structural brain changes, such as increased postcentral gyrus size, improved cerebral connectivity, and a drop in cortisol levels.²⁹ Improved functional connectivity between the anterior and posterior Default Mode Network (DMN) was highlighted in studies such as MET (Memory Enhancement Training) and was related to improved verbal and visuospatial memory.¹³

Yoga techniques such as the Iyengar and Ashtanga, which focus the minds and breaths of practitioners on particular postures and hold the asana, have proven scientifically beneficial in the clinical populations, including patients with early psychosis, to enhance the cognitive flexibility and the attention.^{16,17} Assessment tools such as the PANSS and STAI are the commonly used to measure the yoga therapy outcomes.²⁷⁻³⁰ Additional tools, such as the Hamilton Anxiety Scale (HAMA), the Beck Depression

Inventory (BDI), and Quality of Life Assessments (QALYs), further support the efficacy of yoga in enhancing the mental health metrics.^{32,33} Instruments like

MRI and neuropsychological testing such as the Stroop color and word tests, digit-span test, letter cancellation test, HKLTL, VO2 max test, PANSS, CDS, MRI, and FRS allow researchers to measure improvements in symptoms, quality of life etc.^{29,30}

Yoga is proving to be very effective in the treatment of mental illnesses today. Various yoga types, including Hatha, Kundalini, Ashtanga, and SKY, have been adopted into mental health treatments. All of these types of methods make yoga a very adaptable profile for mental health intervention as they meet different needs for treatment. Also, some of its claims have been emphasized in being blended with Cognitive Behavior Therapy for dysfunctional cognitive and physiological processes.³⁴ The majority of studies have conducted research on yoga therapy under the RCT scheme, which offers robust proof of efficacy.^{13,26,30,32,33,35,36}

Like qualitative studies and a couple of review papers conducting systematic reviews and meta-analyses.^{5,14,28,20,36} In a number of studies, substantial

results were obtained as part of a controlled environment.^{11,12,17,26,31,37,38,39} However, this limits the generalizability degree due to the absence of long-term follow-up and intervention heterogeneity, which also proves the need for developing standard protocols. A few qualitative papers have discussed some of these concerns in detail.^{5,14,28}

DISCUSSION

Our paper aimed at reviewing the recent scientific literature on yoga therapy. It is India and the United States that led the research in yoga therapy for psychiatric disorders. The former takes up what is established as traditional yogic knowledge into experimentation, unlike the latter that emphasizes taking clinical and randomized trials. There are very few studies about these populations done outside the two aforementioned. This calls for cross-cultural research in order to generalize the findings internationally. Addressing this gap allows for designing yoga interventions for different populations while considering cultural specifics. Research across a wide variety of cultural and socioeconomic conditions will add to the understanding and make such therapy increasingly applicable in a global setting regarding differences in populations. There are numerous methodological issues, lack of randomized control trials, and poor reporting per se. Even though yoga treatment has huge evidence-based support in psychological issues, it has a lot of practical problems concerning behavioral approach and cultural adaptability and adherence to treatment in the long term. Future studies should set standardized procedures along with long-term follow-ups and change mechanisms approaches using cultural familiar methodology. This way yoga would be more publicly applicable and institutionalized in general mental health care.

FUTURE RECOMMENDATIONS

It would be valuable to allocate more time to understanding and expanding the methods of yoga therapy used for psychological disorders. More clinical practice recommendations for yoga therapy need to be developed and circulated among practitioners to advocate for wide use of these interventions. Yoga therapy has reserved indications such as chronic pain relief, stress-related disorders, and psychiatric conditions like depression and anxiety. Evidence from research supports the benefit of yoga involvement in symptoms of arthritis, cancer-related fatigue, and overall quality of life across diverse populations. But there are certain contraindications that include acute injuries, severe psychiatric conditions (e.g., acute psychosis), and medical conditions in which physical activity could worsen the severity of the situation. The same applies to specific health concerns, such as cardiovascular disorders or severe osteoporosis, and they will need further individualized approaches to yoga practice. As understanding the potential of yoga therapy continues to

expand, it becomes necessary to establish clear guidelines for practicing yoga therapy for schizophrenia, depression, anxiety and other diseases. It is hence important that such protocols outline the kind, frequency, intensity, and the duration of yoga exercises to avow the finest outcome. Further, large sample size and longitudinal studies (follow-up approach) is required to assess the durability of yoga therapy on symptoms as well as cognitive impairments following a long-term basis. Additional research should focus on nuanced emotional responses, such as emotional resilience and long-term affect regulation, to further understand its therapeutic benefits.¹²⁻⁴⁰

Yoga-based interventions have been difficult to employ in India due to the absence of structured referral systems to provide the connecting line between psychiatrists and evidence-based training for yoga therapists in psychiatric disorders. For instance, by establishing a close collaborative effort between psychiatrists and yoga therapists at the Yoga Therapy Department of the National Institute of Mental Health and Neurosciences (NIMHANS) in Bangalore, yoga has been successfully incorporated into psychiatric care. Under this multidisciplinary approach, psychiatrists evaluate the mental health status of the patients and refer them to yoga therapists, who carry out individualized interventions with yoga practices aimed at dealing with anxiety, depression, or post-traumatic stress disorder. Yet, integrative care is still wanting in India because there is not many yoga therapists trained for clinical work, in addition to the ignorance among professionals in the medical field about the beneficial effects of yoga therapy. Addressing this aspect needs urgent intervention with the establishment of more programs in academia and training institutes preparing yoga therapists for work in multidisciplinary teams. An example is NIMHANS being a role model for establishing such departments in other medical colleges and hospitals, which would pave the way for collaborative efforts of psychiatrists and yoga therapists in developing comprehensive patient treatment plans for better outcomes in mental health care. Further emphasis should be placed on pharmacological and psychotherapy and their combinations with the yoga therapy that will maximize the synergy effect while avoiding or minimizing possible side-effects. Specific to yoga, further research is required on how best to deliver yoga interventions to different populations and enhance the global applicability of yoga therapy. These advancements will create a larger body of knowledge that supports the use of Yoga therapy in treatment while expanding the use of yoga, as an effective, affordable, and holistic treatment modality in a mentally ill population.

Research in yoga therapy has been relatively less focused on the mechanisms of change than the uses of yoga in various therapeutic practices. Some papers like point out to this gap in the field and emphasize the need for

detailed exploration of the therapeutic effects of yoga. Riley and Park (2015), carried out a systematic review aimed at understanding the effects of yoga and stress on how to reduce it.¹⁰⁻⁴¹ The emphasis of their work was that yoga has shown beneficial promise as a therapeutic intervention, particularly in its stress-relieving ability, and that there is an insufficient amount of empirical literature exploring mechanisms behind what it does. Thus, further reviews by Riley and Park (2015) emphasized that future studies must address the clearly defined pathways-through which yoga effects change-neurobiological, psychological, and behavioral processes. According to Töbelmann et al (2023), a yoga-based group intervention designed for inpatients with schizophrenia spectrum disorder was evaluated in this longitudinal qualitative study as to its mechanisms of action. The implications of how yoga may work in the realms of psychological and emotional states and what contribution the existence of such pathways might make in aiding recovery in this particular population were revealed. But the study highlighted a broader issue that most research on yoga therapy mainly focuses on outcome measures such as, reduced symptomatology or improvement in quality of life, often overlooking the mechanism or pathway through which these benefits occur, which also known as intermediate measures.

Mechanisms which change yoga therapy are important in enhancing the efficiency of intervention, being more specific and refined. Knowing which component of yoga gives rise to its therapeutic benefit allows a practitioner to design individualized interventions using breath-based techniques for anxiety or mindfulness centered practices for depression. Furthermore, as such mechanisms are truly defined, the credibility of yoga therapy increases exponentially, hence making it accepted more widely in medical and research organizations. Nonetheless, there are some challenges in those investigations into these mechanisms.

The multifaceted nature of yoga-the physical postures, breathwork, and meditation renders it challenging for researchers to pinpoint the specific mechanisms by which they yield its benefits. In addition, much of the literature suffers from poor methodological designs, such as lack of randomized controlled trials that are seen as necessary in establishing convincing evidence. Another main obstacle in measuring mechanisms like mindfulness or physiological changes is the heterogeneity and inadequacy of tools used for this purpose, mostly due to the fact that these instruments have not been designed especially for the research on yoga. Although yoga therapy has been established as widely applicable to many therapeutic benefits, its mechanism for doing so is still poorly defined. The future research should therefore attempt to mitigate this drawback by employing robust methodologies, consistent measurement tools, and interdisciplinary approaches to uncover the convoluted pathways through which yoga promotes healing and well-being.

CONCLUSION

The study has examined the impact of yoga therapy on psychological disorders. The study has identified potential benefits for symptom reduction, quality of life enhancement, and the development of physical, mental, social, intellectual, emotional, and spiritual well-being—that is, improving overall well-being yoga therapy appears to be a valuable complementary approach in the management of psychological disorders. The empirical evidence underscores the efficacy of yoga in alleviating symptoms of psychological disorders such as anxiety, depression, PTSD, schizophrenia, and cognitive impairments. Regular yoga practice has been shown to improve cognitive functions, emotional regulation, and quality of life while reducing stress, anxiety, and depressive symptoms. The diverse range of yoga techniques, including Hatha, Kundalini, Sudarshan Kriya, and Ashtanga, provides flexible interventions tailored to individual needs, further broadening its applicability. Therefore, it seems that Yoga can promote calmness, more energy and attention, and a desire to interact with life. The study contributes to our understanding of psycho-spiritual wellbeing is promoted via the Pancha Kosha model, also there is a favorable correlation between sattva and wellbeing and there is a negative correlation between wellbeing and Rajas and Tamas. By addressing Yoga, posing ways to support improved mental wellness among the populace. Yoga has the potential to complement and enhance conventional treatments, paving the way for a more holistic and effective mental health care system.

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